



NAPEBT

Wellness Program

NAPEBT Wellness Resources

One on One Coaching Options:

- Vera Health Coaching: 928-774-3985
- Nutrition Coaching: [Book Online](#)
- Financial Coaching: 877-290-3374 or request an appt [Online](#)
- Counseling: 1-888-520-5400 or [More Info](#)
- Quit Smoking Phone Coaching: 1-800-55-66-222 or [More Info](#)
- Wellness Guide: Coming Soon
- Personal Training: Coming Soon

Fitness Resources:

- Fitness Blender [Online Classes](#)
- Yoga and Mindfulness [Online](#)
- Bike to Work Week Challenge (May)
- Aerobic Winter Challenge (Nov-Feb)
- [Connect](#) fitness device to site for points
- [Gym Discounts](#)
- Personal Trainer: Coming Soon

Additional Resources:

- [Vera Clinic](#) (Prevention, Acute, Workers Comp)
- [Stop Stress Course](#) and Resources
- [Support Groups](#) (Resilience, Relationships, Lifestyle Change)
- [Classes/Webinars](#) (Resilience, Relationships, Lifestyle Change)
- [Challenges](#) (sleep, sugar, giving, etc.)
- [Self-paced Online Journeys](#)
- [Telehealth](#) (Medical, Counseling, Psychiatry)